

the Art of Combination **Heart Rate MP3**



OWNER'S MANUAL

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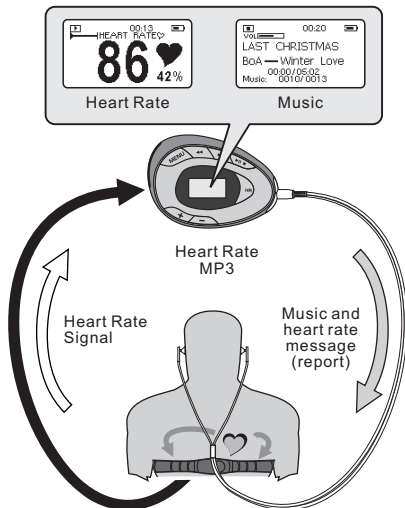
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This Heart Rate MP3 player combines the Heart Rate measuring system with a MP3 player. When the heart rate signal detecting chest strap is worn on user's chest, the user can get his/her heart rate reading and related information on the LCD display of the unit or it will read the heart rate reading to user.

In addition to the Heart Rate measuring function, this Heart Rate MP3 player supports MP3, WMA and WAV playback, and it equips with 6 playback effects – Jazz, Classic, Rock, Bass, Popular and Normal for playback. With its Mini-SD extension (Support up to 2 GB memory), user can enjoy the music during exercise without any stop or hassle to load or reload files.

Now, exerciser can keep track of their heart rate and enjoy the music during his/her work-outs at the same time with this Heart Rate MP3 player!



CD ROM



Quick Started Guide



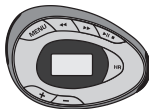
Arm Band



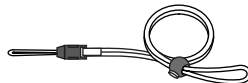
USB Cable



Ear Phone



HR MP3 Unit



Necklace



Elastic Band



Chest Strap

- This package includes 9 items
- The soft copy of the quick guide and this manual are stored in the CD ROM
- The Heart Rate Management Software is stored in the CD ROM

WARNING !

- Make sure that fully understand the functions and limitations of this product before using it.
- This unit does not resist to water. DO NOT use the unit under water.
- This product is an supplementary device for heart rate measurement, and it is NOT a substitute for getting the heart rate reading from a doctor.
- Consult a doctor or trainer for setting the heart rate zone alert prior to undergo an serious Cardio-fitness training.
- If the heart rate condition is in doubt, consult your doctor.

CAUTION

- DO NOT turn the volume too high, as prolonging exposure to a high sound level would cause negative effects to your hearing.
- DO NOT drive an automotive when you are listening the music by earphone.
- DO NOT turn the volume too high when you are walking down the street, that allows you to responding accident.
- DO render appropriate care of yourself and other exerciser during exercise.

CARE

MAINTENANCE

This product set is carefully designed and produced, in order to utilize this feature, it is advisable to use the unit and the chest strap in conformity with the below-mentioned notes:

- Avoid exposing the unit and the chest strap to extreme conditions for an unreasonable time, and avoid rough uses or severe impacts on the unit and the chest strap.
- Clean the the unit and the chest strap occasionally with a soft moisten cloth.
- DO NOT expose the unit and the chest strap to strong chemicals such as gasoline and alcohol, as they will damage your watch.
- Store the the unit and the chest strap in a dry place when it is not in use.
- Remove the battery from the battery case when the the unit or the chest strap DOES NOT use for a long time.

**FCC
Compliance
Statement**

(For US)

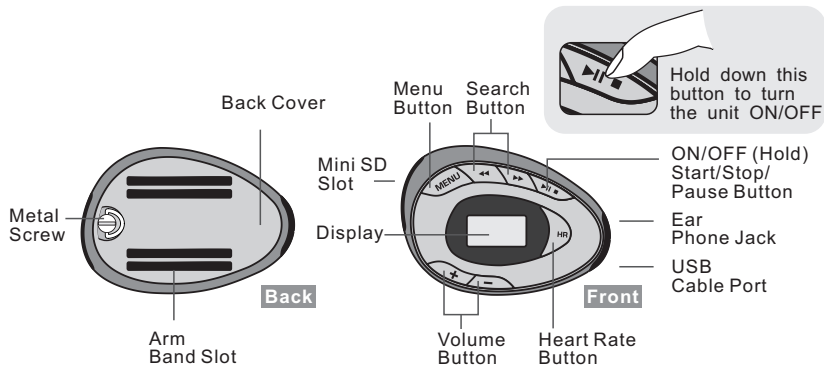
This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) This device must accept any interference received, including interference that may cause undesired operation.

WARNING: Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limits for a class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications.

However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

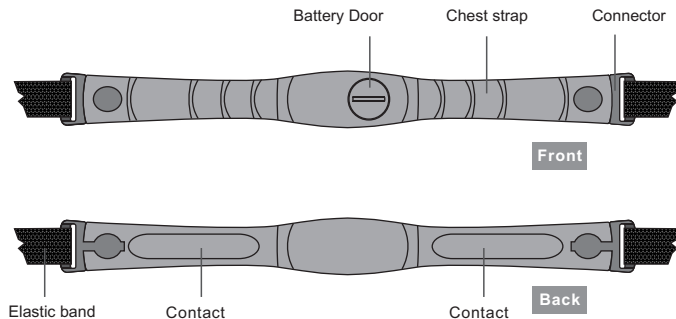
- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Consult the dealer or an experienced radio/TV technician for help.



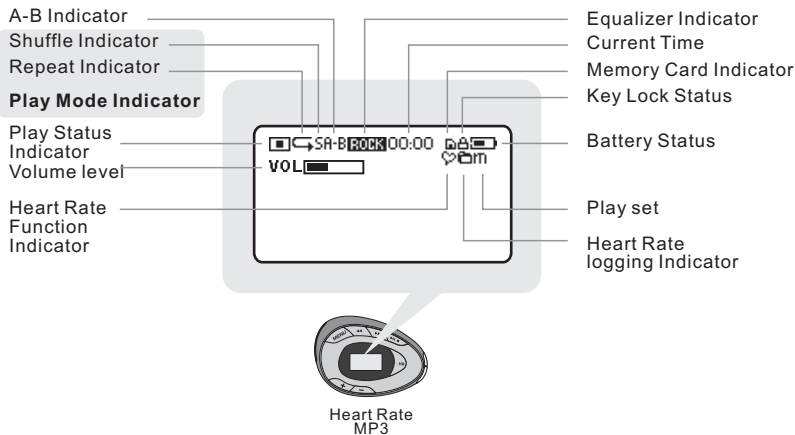
- | | | |
|-------------------|---|---|
| Start/Stop Button | : | To turn the unit ON/OFF (Hold down the button). |
| | : | To start/stop/pause the music. |
| Search Button | : | To move the selection forward/backward. |
| | : | To increase/decrease the setting value. |
| Menu Button | : | To confirm/escape to/from one selection. |
| Volume Button | : | To turn the volume up/down. |
| | : | To lock/unlock the keyboard when hold down together. |
| Heart Rate Button | : | To turn heart rate function ON/OFF, and select among Heart rate, heart rate statistics and exercise timer displays. |

B. Unit Overview: Heart Rate Chest Strap

B-02



Connector	:	To connect the elastic band with the chest strap
Connector release slot	:	To release the connector from the chest strap
Elastic band	:	To fix the chest strap to user's chest
Battery door	:	To cover the battery compartment
Contact	:	To contact with user's skin for sensing heart rate signal



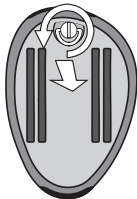
- The above diagram illustrates the indicators for the general operation of this Unit. Read the correspond chapter for different function mode for the details of their operations.

C. Setting Up: How to Install the Battery for the Unit

C-01

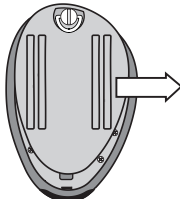
1

Turn the metal screw counter-clockwise to unlock the back cover, and pull the back cover outward.



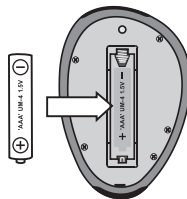
2

Put the back cover aside.



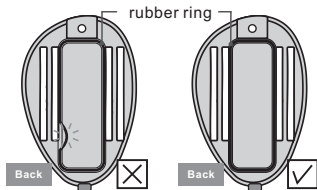
3

Insert a new 'AAA' or UM-4 size battery in accord with the polarity marked.



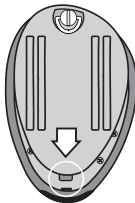
4

Check the rubber ring is sit properly on the slot.



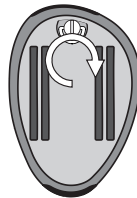
5

Replace the back cover to the unit.



6

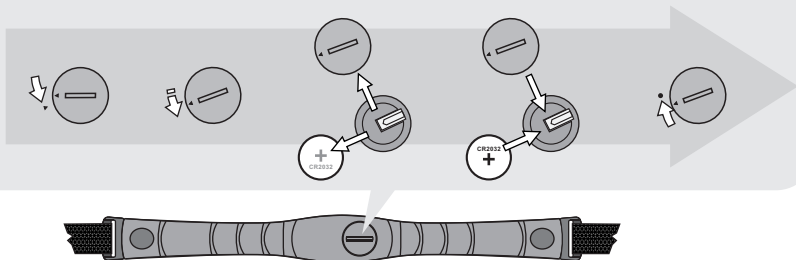
Turn the metal screw clockwise to lock the back.



C. Setting Up: How to Replace the Battery for the Chest Strap

C-02

- 1** Turn the cover counter-clockwise with a coin.
- 2** Turn the cover further gently to pop it out.
- 3** Put aside the battery cover, and remove the exhausted battery.
- 4** Insert a new battery with (-) side against the metal contact, replace the battery cover.
- 5** Turn the cover clockwise until the 'arrow' pointing to 'dot'.

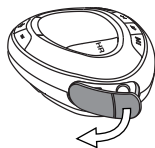


- If your Chest Strap stops transmitting heart rate signal to the unit (NO heart rate reading show on the unit), it might be due to the battery (CR2032) of the Chest Strap running out. Follow the above steps to replace a new battery.

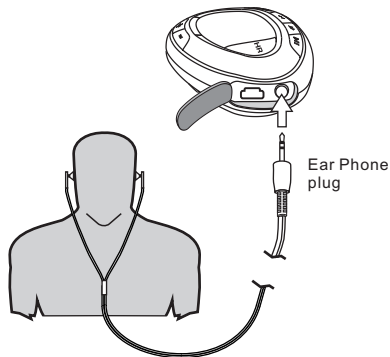
C. Setting Up: How to Insert the Ear Phone

C-03

- 1** Open the rubber cover on the Unit.



- 2** Insert the ear phone plug into the jack on the Unit.



- Replace the rubber cover properly after the connection, otherwise water may be leaked into the Unit.

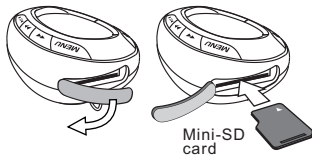
C. Setting Up: How to Insert/Remove the Mini-SD Card

C-04

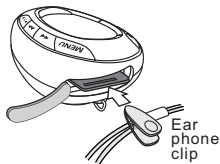
Insert

- 1 Open the rubber cover on the Unit. Insert the Mini-SD card (sold separately) into the slot.

NOTE: Insert only the Mini-SD card into the slot, otherwise the unit and the media will be damaged.



- 2 Use a pusher (like the Ear phone clip) to push the card into the slot completely until a 'click' is heard.

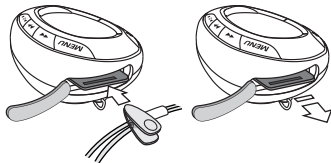


- 3 Replace the rubber cover properly, otherwise water will leak into the Unit.

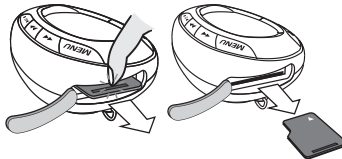


Remove

- 1 Open the rubber cover on the Unit. Use a pusher to push the card once gently for ejecting the card.



- 2 Insert your finger nail into the slot of the card for moving the card outward.



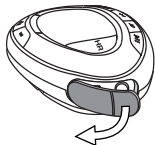
- 3 Replace the rubber cover properly, otherwise water will leak into the Unit.



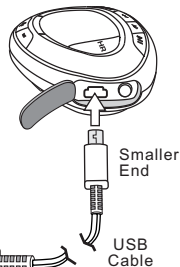
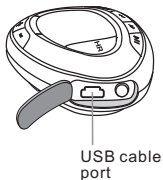
C. Setting Up: How to Connect the HR MP3 to a PC

C-05

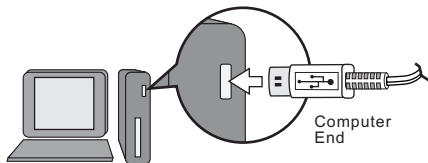
- 1** Open the rubber cover on the Unit.



- 2** Insert the smaller end of the USB Cable into the USB cable port on the Unit.



- 3** Insert the opposite end of the USB Cable into the USB port on the computer.

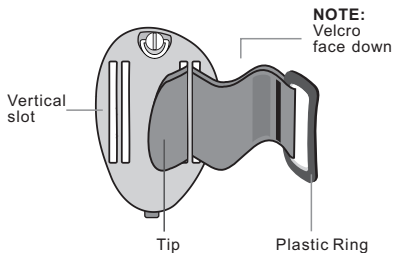


- Read the instructions on how to connect a USB device from your Computer manual.
- Replace the rubber cover on the Unit properly after the connection, otherwise water may leak into the Unit.

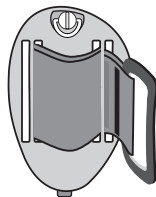
C. Setting Up: How to thread the Arm Band to the Unit

C-06

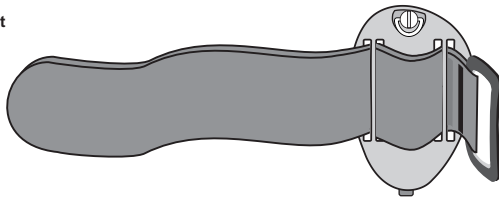
- 1** Thread the tip of the arm band through the vertical slots steadily with the Velcro side face down.



- 2** Further thread the arm strap through the remaining slots steadily until the band pass through all slots.

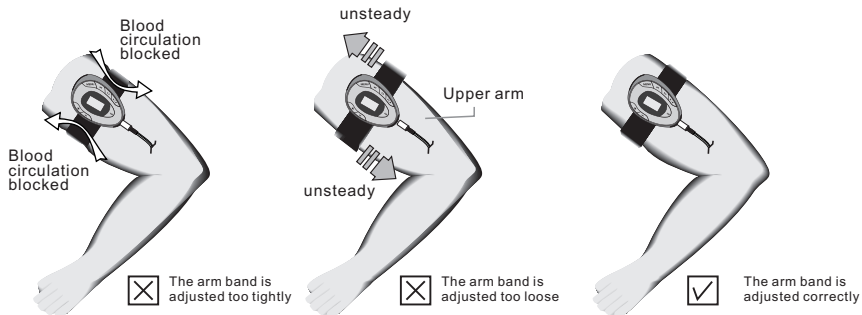


- 3** Ensure that the arm band is flat and smooth.



C. Setting Up: How to Fasten the Unit to Upper Arm

C-07



Fasten the Unit to one's upper arm in accord with the below steps:

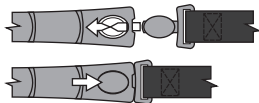
1. Slide the tip of the arm band through the plastic ring to form a loose fitted loop, fix the loop with the Velcro temporary.
2. Slide the arm through the loop with the unit face you correctly.
3. Adjust the arm band until the Unit is fit on your upper arm correctly.

WARNING: DO NOT adjust the arm band too tight, it may block the arm's blood circulation.

C. Setting Up: How to Wear the Chest Strap

C-08

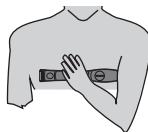
- 1** Connect one connector with the chest strap. Ensure that the connector is completely lodged into the chest strap.



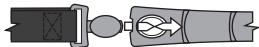
- 2** Extend the elastic band for allowing a loose fitting the chest strap on your chest.



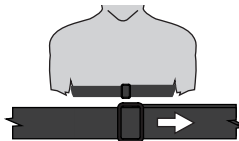
- 3** Fit the chest strap on your chest with one hand.



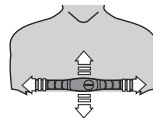
- 4** Connect the opposite connector to the chest strap with the another hand.



- 5** Fasten the elastic band until it is fitted on your chest comfortably.



- 6** Move the chest strap until the two contacts are firmly contacted with the skin of your chest.

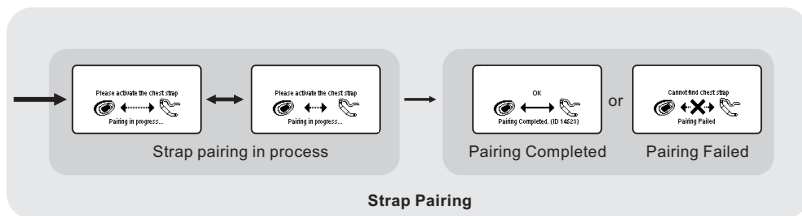


IMPORTANT: DO NOT wearing the chest strap on your cloth, otherwise the chest strap CANNOT get the heart rate signal.

NOTE: In dry seasons, wet the contacts with water to make the signal transmission normal.

C. Setting Up: How to Pairing the Chest Strap with the Unit

C-09



Strap Pairing

- Employ the Strap pairing process to pair the chest strap with the Unit before using the chest strap the first time.
- Follow the below step to pair the strap with the Unit:
 - 1) Wear the chest strap on your chest in accord with the chapter 'How to wear a Chest strap'.
 - 2) Check this menu to pair the strap with the Unit: **Settings\Heart Rate\Operation\Strap pairing**
 - 3) It takes few seconds to pair the strap, then a 'Pairing Completed' message will be prompted.
 - 4) Check the chapter E-01 for the solutions if the 'Pairing failed' message is prompted, then follow the above steps to try again.

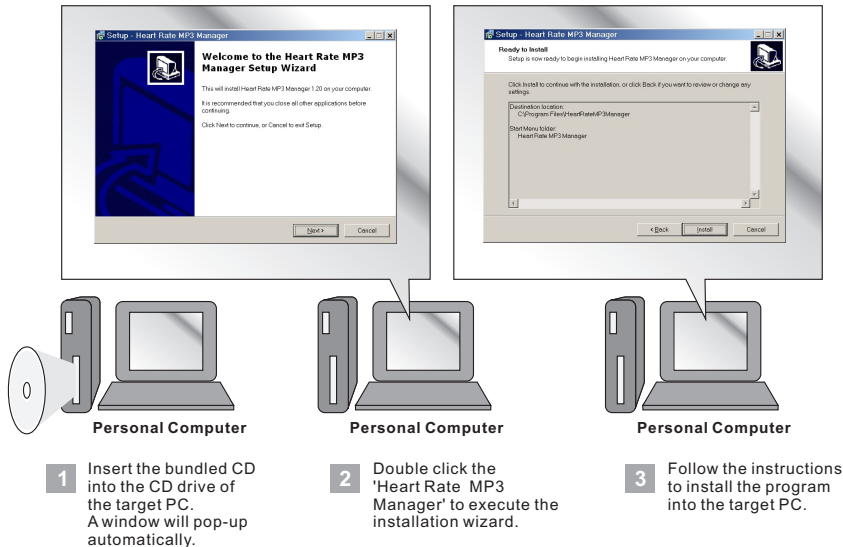


Personal Computer

To upload/download the music files and heart rate records from/to PC or manage the user profile for Heart Rate Measurement, it has to install the bundled Heart Rate Management software into the target PC.

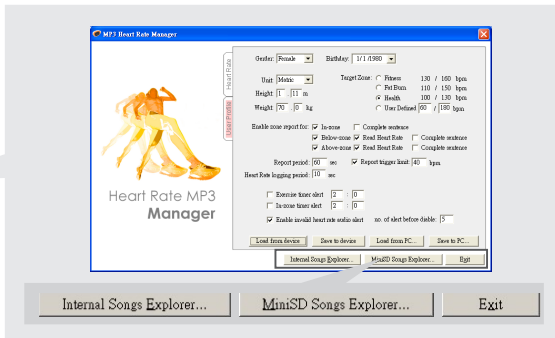
The system requirements are as follows:

- Pentium II 300MHz or above
- 64MB Main memory or above
- 20MB hard disk space or above
- 256 color monitor or above
- Windows ME/2000/XP operating system
- CD-ROM drive
- USB port



C. Setting Up: PC Connection, Upload Songs to the Unit/SD Card

C- 12

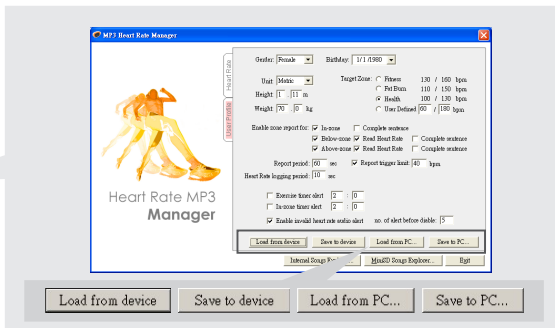


- 1 Connect the USB Cable to the PC in accord with chapter C05 - 'How to Connect the HR MP3 to a PC'.
- 2 Click the 'Heart Rate MP3 Manager' button from Window 'start' menu to execute the program.

- 3 Double click the 'Internal Songs Explorer' button to open the folder which store the songs by the internal memory or Double click the 'Mini SD Explorer' button to open the folder which store the songs by the SD Card.
Note: If null SD card is inserted, the folder cannot be opened.

- 4 Copy the Songs from your PC to the folder.
Note: The memory size of the SD card folder depends on the size of the SD card inserted.

C. Setting Up: PC Connection, Upload/Download User Profile to/from the Unit **C-13**



1 With the Heart Rate MP3 Manager, user can manage his personal profile and setting with a PC:
a) Backup the data from the Unit to PC.
b) Enter or retrieve the data from PC to the Unit.

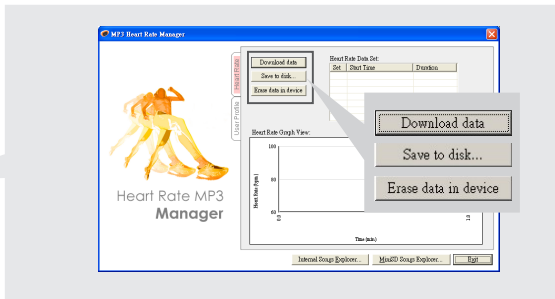
2 Click the 'Heart Rate MP3 Manager' button from Window 'start' menu to execute the program. Select the 'User Profile' Tab.

3 **To Download the personal profile from the Unit to the screen:** Click the 'Load from Device' button to load the personal profile from the Unit.

To Upload the personal profile from the screen to the Unit: Click the 'Save to Device' button to upload the personal profile from the screen to the Unit.

To Save the personal profile file to PC: Click the 'Save to PC' button to save the personal profile (in 'upf' format) from screen to PC. Create your designated file name for the profile, and click 'Save' button.

To Open the personal profile file from PC: Click the 'Load from PC' button to open the personal profile from PC. Select the target file (in 'upf' format) from the browser, and click 'Open' button.



1 With the Heart Rate MP3 Manager, user can manage his/her heart rate memory with a PC:

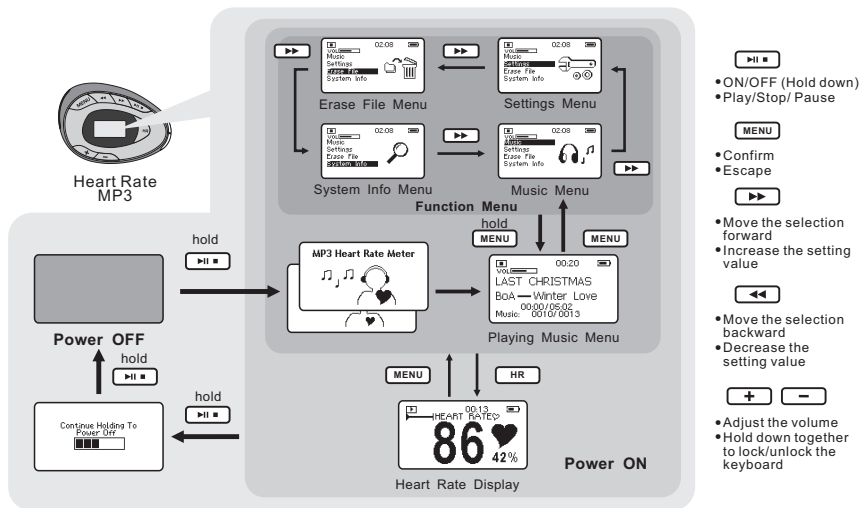
- a) Download/Save the heart rate data from the Unit to PC. Thus user can further analyse his/her heart rate pattern with a PC.
- b) Erase the heart rate data on the Unit.

2 Click the 'Heart Rate MP3 Manager' button from Window 'start' menu to execute the program. Select the 'Heart Rate' Tab.

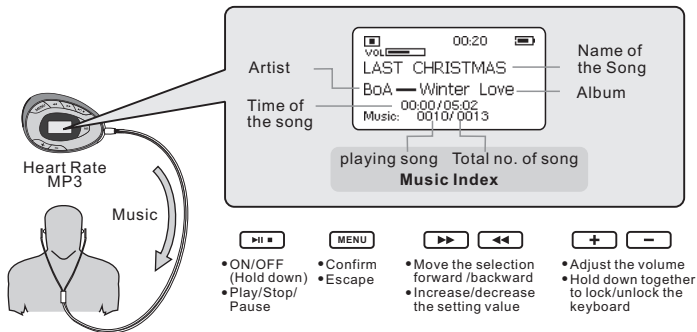
3 **To Download the Heart Rate Memory from the Unit to the screen:** Click the 'Download data' button to download the heart rate from the Unit to the screen.

To Save the Heart Rate Memory from the screen to PC: Click the 'Save to PC' button to save the data (in 'csv' format) from screen to PC. Create your designated file name for the profile, and click 'Save' button.

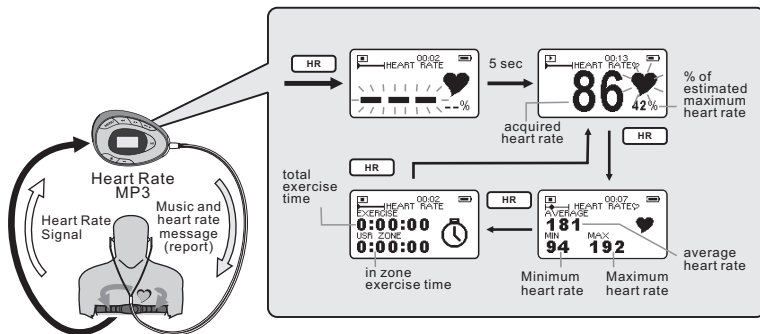
To Erase the Heart Rate Memory on the Unit: Click the 'Erase data in device' button to erase the data.

**NOTE:**

- Press [Left Arrow] to move the selection by a backward direction.
- Check the 'Heart Rate measurement' chapter for how to get heart rate reading.

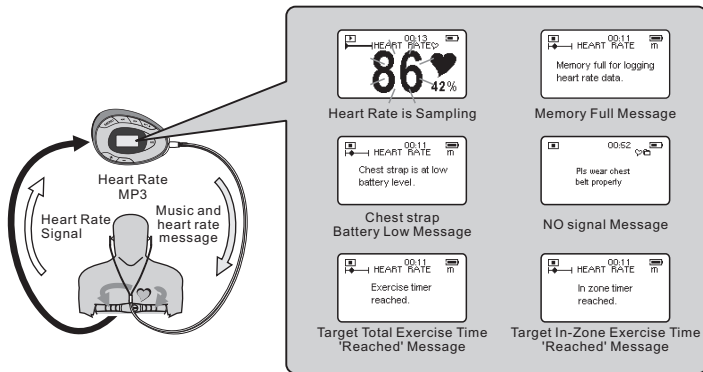


- Play the music with a low volume before plugging the ear phone to your ears, then gradually increase the volume to a comfortable level. It avoids a sudden loud shock that may hurt your hearing.
- The unit will automatically update the music index when a Mini SD card is inserted.
- Check this menu to set the Play Mode: **Settings\Play Mode.**
- Check this menu to set the Play Back Effect (equalizer): **Settings\Equalizer.**



*Hold down **HR** will turn OFF heart rate and exercise timer.

- Wear the chest strap before the heart rate measurement.
- The unit can read (report) the heart rate reading to the user at predefined period. Check this menu to turn ON/OFF the heart rate report, and setting the report period: **Setting\Heart Rate\Zone Report**
- The exercise timer will start counting automatically once heart rate function is activated, to calculate user's Total exercise timer and In-zone exercise time.
- Check the chapter E-01 for the solutions if NO heart rate or long response time.



- If the 'Memory Full' Message is prompted, erase the memory for a new logging after the memory download. Check chapter D-04 for details of how to erase/download memory.
- If the 'Low Battery' Message is prompted, replace the battery for the chest strap
- If 'NO Signal' message is prompted, check user manual on the CD ROM for the resolution.
- If the user has set a target time (total exercise time or In-zone exercise time) for his/her exercise, the Unit will prompt the 'Reached' message if one of target time is reached. Check this menu to turn ON/OFF the Target Exercise Timer, and set the target time : **Settings\Heart Rate\Operation\Exercise Timer**

Estimated Maximum Heart Rate (EMHR) is calculated by using the below formula:

- $EMHR (\text{male}) = 220 - \text{user age}.$
- $EMHR (\text{Female}) = (220 - \text{user age}) \times 0.7$
- Example: What is Tom's EMHR at his 53?
- $EMHR (\text{male}) = 220 - 53 = 167.$

Percentage of Estimated Maximum Heart Rate (%EMHR) is calculated by using the below formula:

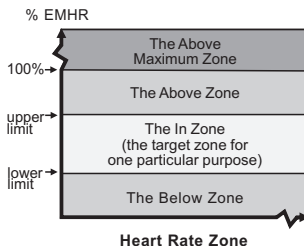
- $\%EMHR = \text{Acquired heart rate} \div EMHR \times 100\%$
- Example: What is Tom's %EMHR if he has acquired a heart rate at 100.
- $\%EMHR = 100 \div 167 \times 100\% = 60\%$

Heart rate and Estimated Maximum Heart Rate

- During exercise or sports, your heart naturally speeds up pumping blood to the body in accord with your increased energy level.
- This Unit measures heart rate in term of :
 - The number of heart beats per minute (bpm), for example: 100 bpm, and
 - The percentage of the acquired heart rate with respect to one's estimated maximum heart rate (EMHR), for example 60%.

Percentage of Estimated Maximum Heart Rate (%EMHR)

- This figure is varied according to one's age, check this menu to set age and gender: **Setting\Heart Rate\Profile**, then user's % EMHR can be determined once the heart rate is acquired.
- It is a useful figure for analysing the cardio-fitness of a person, and it can be further applied for setting the Heart rate zone alert. Check the coming chapter 'Heart Rate Zone Alert' for details.



Heart Rate Zone Alert

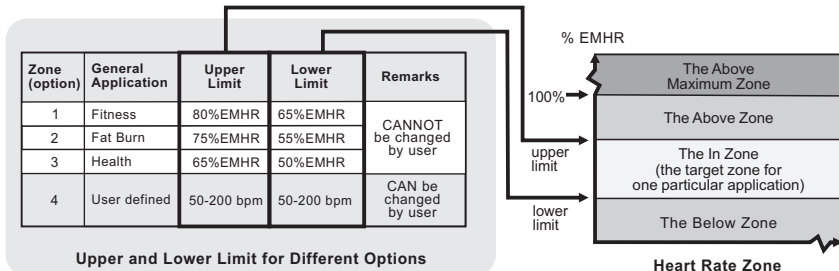
- In general, one particular training objective requires trainees maintaining their heart rate (exercise pace) within one particular heart rate zone during the exercise.
- This Watch intends to assist this group of users for maintaining their heart rate zone more easily by providing them 3 different heart rate zone alerts: 1) Above Maximum Zone, 2) Above Zone, 3) Below Zone.
- Each alert CAN be activated independently, check chapter for details.

Visual and Audio Alert for Different Alert

- If the alert is turned ON, and the acquired heart rate is fulfilled with any alert conditions, this Unit will alert the user by reading the 'prompt' message and displaying a 'prompt' display.

D. Usage: How to Select a Zone for Heart Rate Zone Alert

D- 07

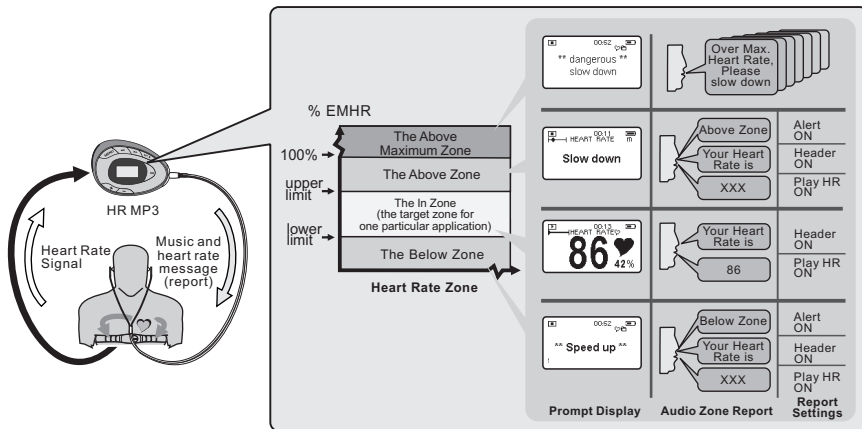


How to Select a Zone (for Heart Rate Zone Alert)

- Select an heart rate zone for guiding a training should accord with one's training objective and health conditions.
- In general, user may refer to those prestigious organizations' websites for getting cardio-fitness training advise, like:
 - <http://www.americanheart.org/pressselect.jhtml?identifier=4736> by American Heart Association, and
 - http://en.wikipedia.org/wiki/Heart_rate#Training_zones by Wikipedia.

WARNING: Consult a doctor or trainer for setting the Zone prior to undergo an serious training.

- With the advise, users may select their own heart rate zone for guiding their training with this Watch.
- This Unit provides 3 predefined heart rate zone (Zone 1,2,3) and 1 self-defined heart rate zone (Zone 4) for user setting the zone easily,
- Check this menu for the setting the Zone: **Setting\Heart Rate\Target Zone**



- If the acquired heart rate fulfill with one of the above conditions, the Unit will exhibit the corresponding prompt display and read the heart rate or the alert 'message' to the user at predefined period.
- Check this menu for turn ON/OFF the heart rate zone alert, header and heart rate audio report for different Zone: **Setting\Heart Rate\Zone Report**

1) Cause: Dry Skin.

Solution: Apply conductive gel or saliva thoroughly to chest area. (Even water will help if conductive gel is not available).

2) Cause: Chest Strap is not placed firmly over the chest.

Solution: Make sure the Chest Strap is placed firmly over the chest.

3) Cause: Muscle tremors caused by holding the Chest Strap too hard on your chest.

Solution: The contacts must make firm contact with the user's skin during measurement. This will ensure good and consistent readings even while walking or jogging with arms swung naturally.

4) Cause: Dead skin on wrist.

Solution: Usually rubbing your skin with a towel will help.

5)Cause: A thin layer of body grease can insulate the ECG signal-basically prevents the back sensor on the Chest Strap from picking up one's ECG.

Solution: Wipe chest and the contacts on the back of Chest Strap with a tissue or soft towel.

6) Cause: Hairy chest.

Solution: Apply conductive gel to chest area.

7)Cause: Irregular heartbeats.

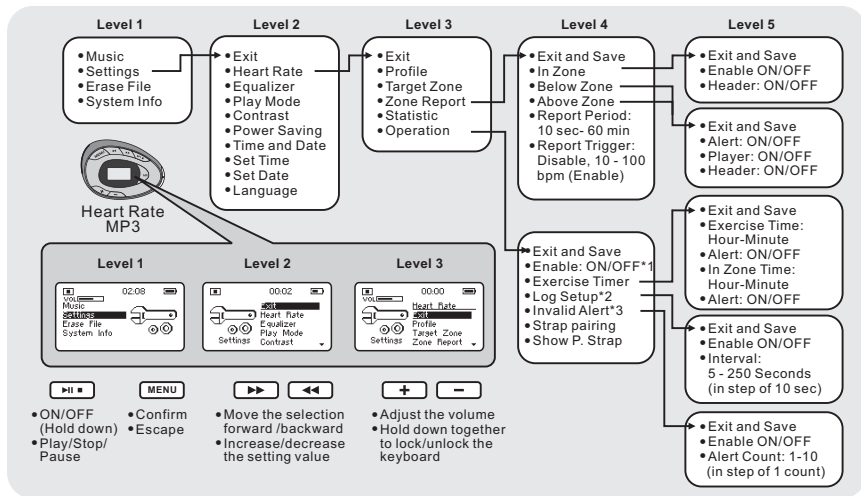
Solution: N/A It is difficult to consistently pick up a reading for those with irregular heart beats. Inconsistent response times are expected for those with arrhythmia.

8)Cause: Low Battery.

Solution: It might be due to the battery level of the Chest Strap is low. Replace the battery of the Chest Strap.

E. Settings: Heart Rate Settings

E-01



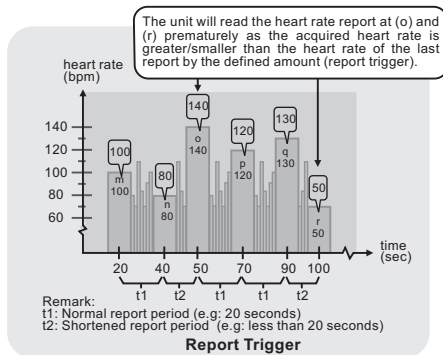
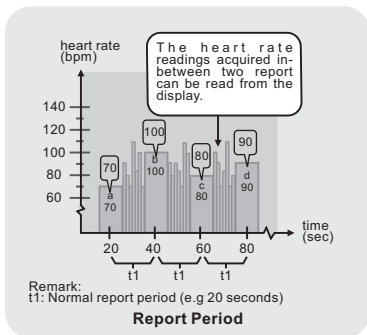
*1 User can turn ON the heart rate function by this setting.

*2 User can set the log interval by this setting. The log CAN be uploaded to PC for further analysis.

*3 If INVALID heart rate is received, the Unit will try several attempts to establish the connection again before it turn OFF the heart rate function. User can define the number of attempts by this setting.

E. Settings: Report Period & Report Trigger

E-02

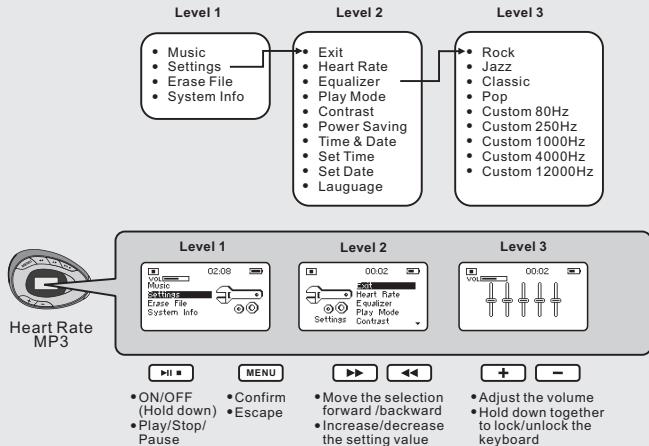


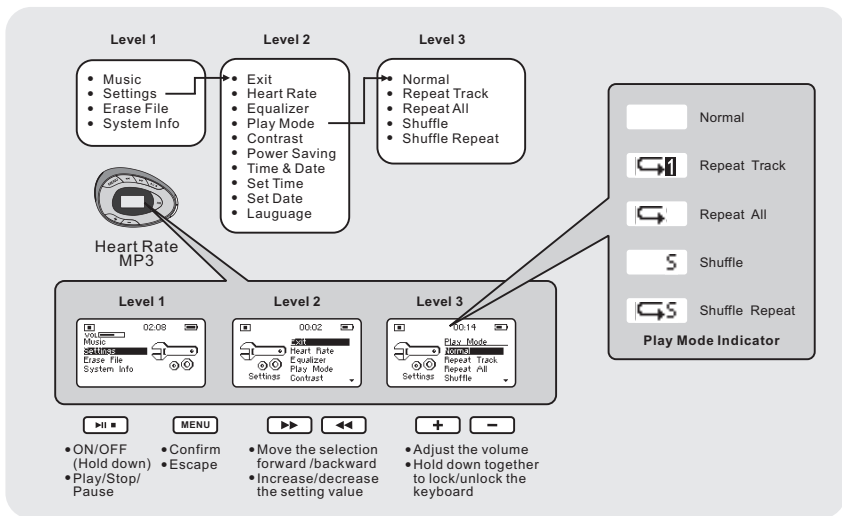
Report Period

- Example: The Report Period has been set as 20 seconds: The Unit will read the heart rate report at (a), (b), (c), (d) and every 20 seconds afterward.
- Check this menu to set the Report Period: **Setting\Heart Rate\Zone Report\Report Period**

Report Trigger

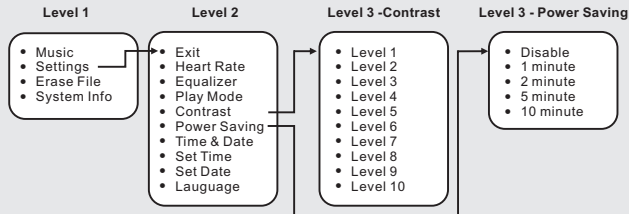
- Example: The Report Period has been set as 20 seconds and the Report Trigger has been set as 30 bpm: The Unit will read the heart rate report at (o) and (r) prematurely as the acquired heart rate 140 bpm at (o) / 50 bpm at (r) is greater/smaller than the heart rate of the last report 80 bpm at (n) / 130 at (q) by the defined amount (report trigger).
- The Unit will resume to normal report period after a premature report.
- Check this menu to set the Report Trigger: **Setting\Heart Rate\Zone Report\Report Trigger**



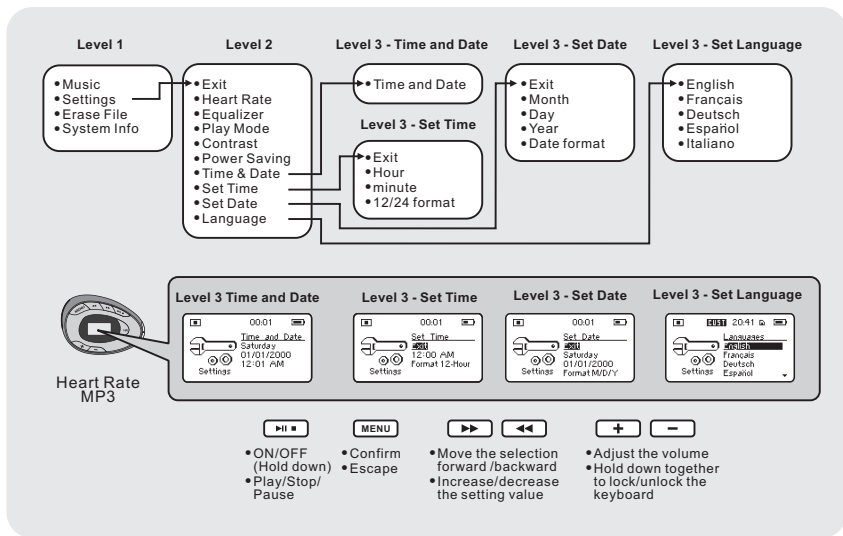


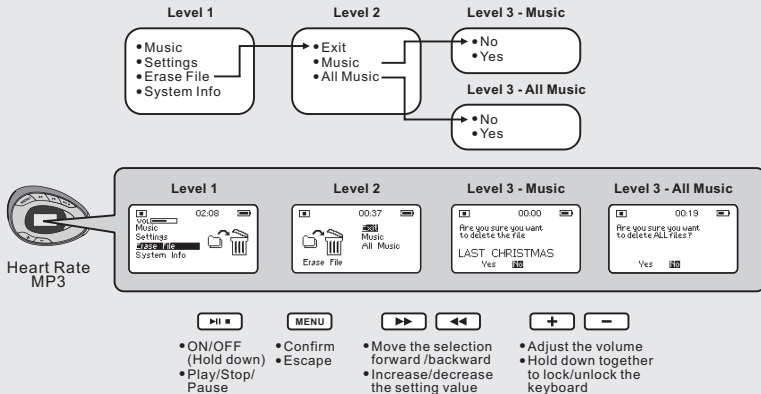
E. Settings: Contrast & Power Saving Settings

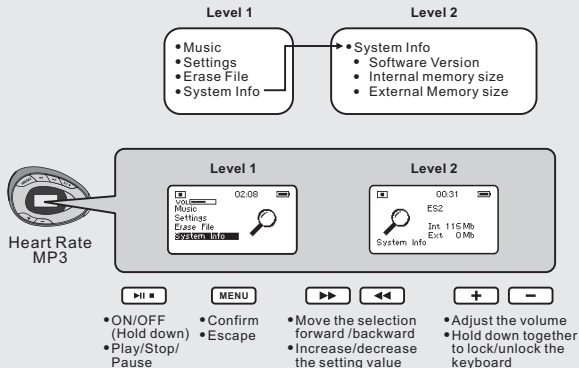
E-05



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|----------------------|-----------------------|--|--|
| | | | |
| • ON/OFF (Hold down) | • Confirm (Hold down) | • Move the selection forward /backward | • Adjust the volume |
| • Play/Stop/ Pause | • Escape | • Increase/decrease the setting value | • Hold down together to lock/unlock the keyboard |







1.Heart Rate System

- Measuring heart rate ranged from 35 to 250 bpm
- Wireless Connection with Chest Strap
- "Strap Pairing" prevent incorrect signals from other user's chest strap
- Display and/or read out current heart rate in audio (pre-defined interval or on demand)
- Display and/or read out zone alert messages in audio (pre-defined interval or on demand)
- Display heart rate statistics summary
- Exercise timer and in-zone timer for exercise tracking
- Heart rate data log with user-defined logging interval
- Personal profile (e.g. zone configuration) can be configured in the MP3 player or from the PC
- PC Connection with USB

2.Real time Clock

- 12/24 hours real time clock display and settings
- Independent backup battery for real time clock

3.MP3 Audio System

- Support MP3, WMA and WAV files playback
- Support DRM9 (Digital Right Management 9) technology
- Support 6 EQ playback effects Jazz, Classic, Rock, Bass, Popular & Normal
- Build in 64MB/128MB/512MB/1G/2G flash memory
- Build-in Mini-SD card slot, support up to 2GB memory
- USB interface for file management

4. Wireless Communication

- Wireless (RF) communication using 2.4 GHz ISM band.
- Comply with EN300440, EN301489 and FCC Part 15.

5.Others

- 128 x 64 dot matrix twin-color display
- Up to 8 hours continuous operation with a AAA/LR3 battery
- Shower proof standard:IPX3.

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Some countries do not allow the exclusion of incidental or consequential damages or a limitation on how an implied warranty lasts. Some exclusion or limitation of this limited warranty may not apply to you. This limited warranty gives you specific legal rights and you may have other rights vary from country to country.

The Company warrant this unit to be free from defects in material and/or workmanship for a 1-year period beginning from the date of purchase. This warranty does not cover second-hand ownership or products that are purchased for sale or lease to another. This warranty does not cover damage resulting from acts of God, lightning accident, misuse, improper installation or operation, or unauthorized repair or alteration.

If this unit has become defective within the first year of purchase, return it to the retailer where it is obtained (with all of the original packing materials and parts) for reconditioning or replacement. Whether or not to replace or recondition the unit would be decided by the retailer. The replaced / reconditioned unit will be warranted for a period of 90 days or the remainder of the original one year period, whichever is longer.

To obtain warranty service on your Watch, you must provide proof of date of purchase. We strongly recommend that you keep your sales receipt and all of the packing materials in order to take advantage of your package's limited warranty. Include all accessories and operational manual when returning to the retailer. A brief description of the defect and a copy of your sales receipt.